

## Abstract

Ski or similar device for sliding on snow having a mounting aid for a binding (28) or for components thereof, which aid is mounted on the top face (32) of the ski and is especially in the form of a binding plate (10), wherein the mounting aid or binding plate (10) is durably connected to the top face (32) of the ski in such a manner that ski (23) and mounting aid or binding plate (10) form an integral constructional unit in terms of the mechanical properties.

(Fig. 4)